













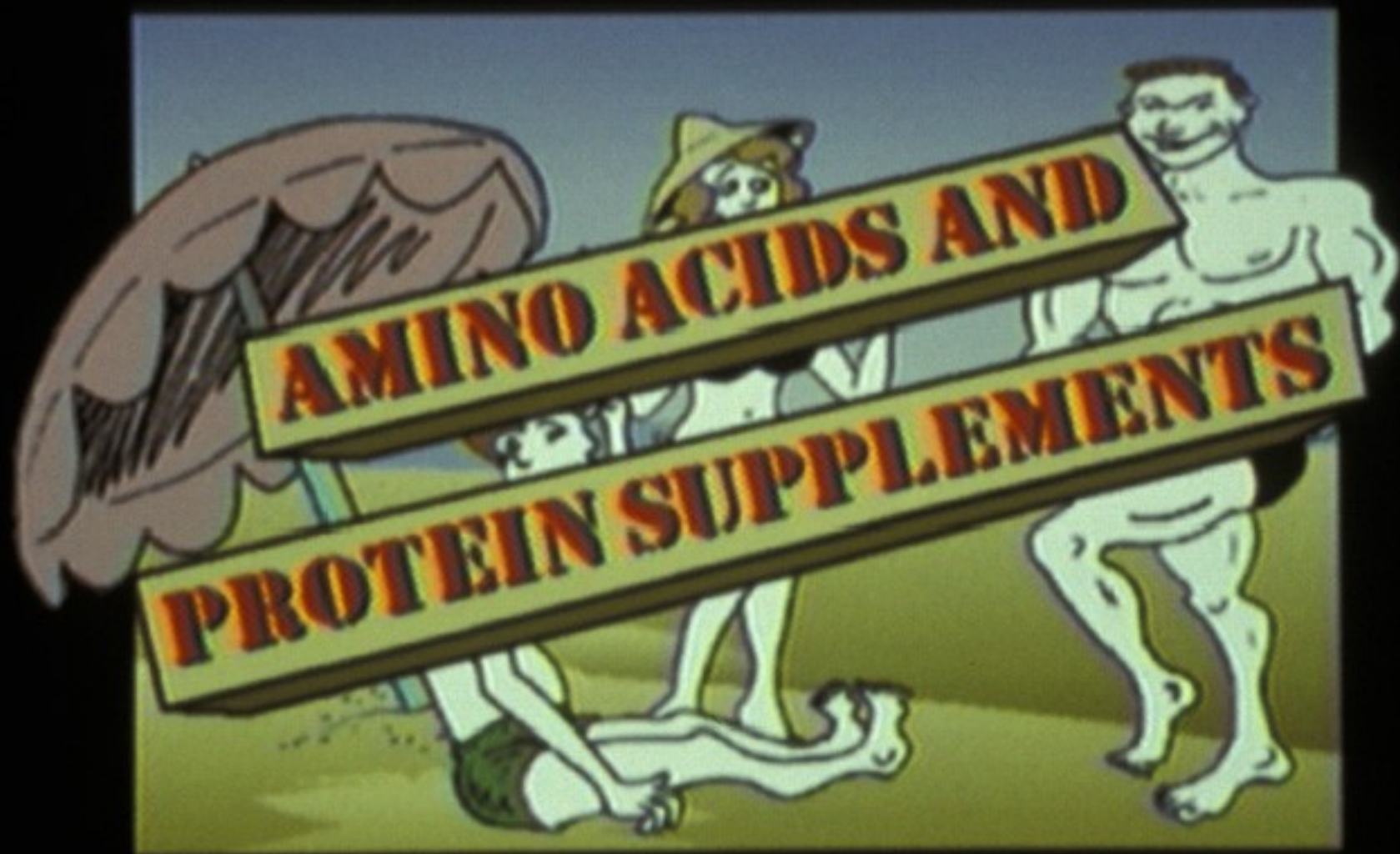




**IF ONLY I HAD BIG  
MUSCLES, I COULD TAKE CARE  
OF THIS BULLY!!**













A composite image featuring a muscular man in a starting crouch, overlaid with several text boxes. The man is wearing a grey t-shirt and red shorts, and is positioned on a dark surface. The background is dark and indistinct. The text boxes are arranged in a cluster over the man's torso and arms. The word 'protein' is in a large blue box at the top. Below it, there are five smaller boxes, each containing the words 'amino acid'. These boxes are in various colors: blue, purple, and light blue. The text is in a bold, white, sans-serif font.

**protein**

**amino  
acid**

**amino  
acid**

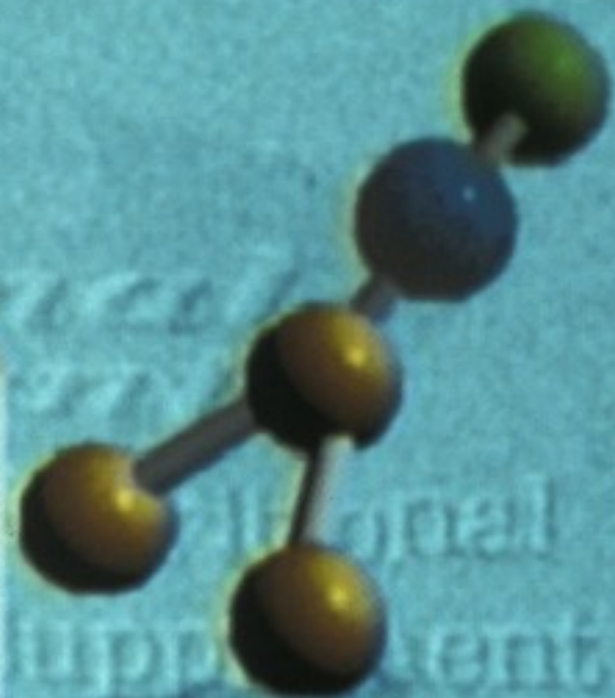
**amino  
acid**

**amino  
acid**

**amino  
acid**

**amino  
acid**











Isoleucine - 2655 mg

Leucine - 8300 mg

Valine - 2725 mg



**Valine - 399 mg**  
**Leucine - 262 mg**  
**Isoleucine - 161 mg**